

284th BSB – Friedberg, Giessen



Army's senior enlisted soldier visits Friedberg

Soldiers of the 1st Battalion, 37th Armor Regiment in Friedberg are visited by the Army's senior noncommissioned officer, Sgt. Maj. of the Army Jack L. Tilley in December. During his visit the SMA spent time with the soldiers of the "Bandit" Battalion. He shared his experiences with the soldiers and offered them a chance to ask questions about a wide range of topics. The Bandits took advantage of the opportunity and asked Tilley questions about everything from military pay concerns to deployments in Kuwait and Iraq.

Photo by Pfc. Jeanine Toloza

Community comes through for children

By Luz Medeiros

Special to the Herald Union

The holiday season elicited an overwhelming response from community members to holiday support programs in the 284th Base Support Battalion, leaving officials impressed with the outpouring of generosity, said officials involved in the projects. Community members proved they could be counted on when needed, they said.

"Every year we open the holiday season with our Thanksgiving program. In support of that we gave \$4,000 to Army Community Service, and they handed out \$25 food vouchers for the commissary in Bad Nauheim to large families or families with low incomes," said 284th BSB's Chaplain (Lt. Col.) Scott Davies.

Vouchers in the same amount were given to families before Christmas to purchase groceries at the Giessen Commissary for their holiday meal. "The battalions gave us lists with the names of families that could use a little support based on the income and size of the family. Most of the money came from our congregation and was collected in both chapels throughout the year, but we also had donations from private organizations such as the Masonic lodges," Davies said.

The annual Angel Tree program also received overwhelming community support. "This program supports children of low income or large families," Davies said.

"The battalions in Giessen and Friedberg prepared lists identifying families that could use some help buying gifts for their children. Once we received the lists, angel shaped tags were prepared containing the age and gender of the child. Each tag was given a number and those were placed on the trees in the banks. People could take as many tags as they wanted to and buy gifts for those children. They

brought back wrapped gifts containing the tag's number so we could match it with our lists and give the gift to the respective family," said 1st Brigade's Chaplain (Maj.) Bryan Walker.

"As soon as we placed those tags on our tree we had an immediate response from the community. We collected approximately 70 gifts. It was obvious that people really wanted to share. The community gave complete support to this wonderful program," said Sue Ellis, Community Bank manager in Giessen.

"We have had a good response from customers, employees, soldiers and family members. It was amazing. We collected around 88 gifts. Before the deadline was over all angels were gone, so we had to put up some more and they were gone too. We collected so many gifts thanks to the generosity of our community," said Judith Brown, Community Bank manager in Friedberg.

"Every name that was supplied in Friedberg and Giessen was met. We even received calls after all the gifts were collected and distributed from people willing to buy more gifts," said Davies.

"I was really touched to see the soldiers who supported the program. You expect to see senior officers and noncommissioned officers buying gifts in support of the program. But I also saw many junior enlisted soldiers getting a tag. I personally know that some of these soldiers have their own financial problems, but they still wanted to make sure that the child of a fellow soldier had a nice Christmas. That's the nicest thing that I've ever seen, and I appreciate the fact that junior enlisted soldiers got involved in the program," said Walker.

"It was a great experience. I feel privileged to serve such a great community," said Davies.



Photo by Alexandra Williams

Judith Brown (from left), Sherree Hunt and Dagmar Schmidt of the Friedberg Community Bank arrange gifts community members dropped off in support of the Angel Tree program.

CMR staff goes extra mile for customers

Mail rooms extend hours to ensure community receives holiday mail in time

By Alexandra Williams
284th Base Support Battalion
Public Affairs Office

The staff of both community mail rooms in the 284th Base Support Battalion put in a major effort, longer hours and more to ensure holiday mail was delivered as soon as it arrived.

"Every November we experience a 200 percent increase in the amount of mail we handle on a daily basis," said James Miller, mail clerk at the 284th BSB mailroom in Giessen.

"Since the beginning of December we were bombarded with Christmas packages and letters. Normally we receive eight letter boxes a day, but since the end of November the average increased to 13 and that's just for Giessen," said Luis Pena, lead mail clerk in Giessen.

The CMR in Friedberg received three extra soldiers, increasing its staff to 11 soldiers and one civilian lead mail clerk. Giessen was provided two additional soldiers to provide assistance during the holiday season adding up to three civilians and four soldiers.

"Even with the additional soldiers we received to provide additional support during the holidays we still did not have enough personnel to handle all incoming mail, so we started increasing hours of operation at both CMRs right after Thanksgiving," said Charles Butler, lead mail clerk in Friedberg.

"Working increased hours is part of our obligation to the community. We wanted to make sure that soldiers and their families received their Christmas mail from their families in time," said Pena.



Photo by Alexandra Williams

James Miller (front) prepares incoming packages for distribution to customers.

"The job is very stressful at times, but our staff always did their best to get the job done. They often skipped lunch and just ate a sandwich at their desk to make sure the mail got out," he said.

The staff at both mail rooms worked an average of 11 hours per day plus six hours on Saturdays through mid-January. "We still received a lot of mail after the holidays because some people send mail after Christmas. And that's also the time when all the catalog orders come in," Pena said.

Having less free time drew no complaints from the mail room staff. "It didn't bother me to work extra hours. As a soldier I am used to working different hours and on weekends. It's fun working here. The team and the customers often make my day," said Spc. Leeman Purvis, Company B, 16th Engineer Battalion.

"I didn't mind working longer hours or missing the half-day schedule. I wanted to make sure our customers got their mail, especially before the holidays," said Pfc. David Baker from Service Battery, 2-3rd Field Artillery.

"I didn't get to work a half-day schedule like my buddies, but I didn't mind. I know how important it is for them to receive mail from back home and I was glad I could help so that the soldiers and their families received their packages and letters," said Pfc. William Weyandt from Company B, 2-37th Armor.

"I think the mail rooms are providing good service," said Spc. John Eads from Headquarters and Headquarters Battery, 2-3rd Field Artillery.

"I am happy with the CMR. I have never had any problems," added Pfc. Jared Paul, Company B, 1-37th Armor.

"It's pretty amazing. I got some packages within just five days and I am overseas. Sometimes it takes longer than that in the States," said Maj. Donald Walker, 16th Engineer Battalion.

"I've been stationed in different locations throughout Germany, and the Friedberg CMR is one of the better mail rooms I have ever seen," said Sgt. Maj. Mark Schindler, HHC, 2-37th Armor.

"It's very motivating to hear that your customers are satisfied with what you do. They often show their appreciation by bringing us little gifts, cookies and chocolates," said Pena.

"Sometimes there are unhappy customers. They might show up five minutes after we have closed the window and they ring the bell and get very angry. We can hear them talking really badly about us, but that's the exception. In general

our customers appreciate what we are doing," Weyandt said.

Regardless of the dedicated service, mistakes do occur, some patrons said.

"My mom sent a package to me a month ago on priority mail and I still have not received it. I am glad she paid for insurance," said Spc. Michael Powell, Company A, 1-36th Infantry. "Mail never gets here on time, especially packages," he said.

"I had a package mailed from the States and it was sent to Korea mistakenly. It was something important I was waiting for and this happened twice," said Spc. Bryan Scholz, 527th Military Police Company.

"Most complaints deal with not receiving mail that families have sent weeks ago," said Pena. "When this occurs I explain the Army mailing system to the customer. No matter where you are sending mail from in the States, whether it is California or Georgia, all mail for military personnel gets sent to the JFK airport in New York, and from there it gets sent to Germany. If there is too much mail at JFK they'll send it to Chicago where it sits until they have enough mail to send to Germany. So there are only two cities from which we receive mail. Because of that I often tell customers that their families are wasting money when they send their mail express because it will only be delivered express until it gets to one of those airports. Once the customer knows how the mailing system works he or she is more accepting of the delays they have experienced."

"I am a tanker and most of us normally think that soldiers working in offices such as mail rooms have an easy job and just sit at their desk all day," said Weyandt. "Now that I've been assigned to the Friedberg CMR I see how much effort the staff puts into getting the mail out. Now I see that it isn't only us tankers working very hard. The staff at the mail rooms do whatever they can to help keep families connected."

ACS update ... ACS update ... ACS update

The 284th Base Support Battalion Army Community Service offers an educational and support service for all military members and their families who are expecting children, adopting children or who have children. Services include home visits, office visits, various classes, play mornings and support groups.

Home visits occur in the home at the convenience of the family. It allows families to remain in the comfort of their home and receive education that is pertinent to their family situation.

Office visits allow parents to schedule appointments in an office atmosphere or drop in if they have questions or concerns relating to parenting issues.

Classes provide education in a classroom setting through lectures, visuals and videos. Parents are given an opportunity to interact and socialize with one another.

Play mornings provide parents and children an opportunity to bond through play and provide children an opportunity to play with other children in a supervised setting.

Support groups offer parents an opportunity to share,

support and encourage one another.

Families may choose the services that best meet their needs as a parent. Information provided covers topics such as prepared childbirth, newborn care, newborn nutrition, postpartum adjustment, child development, child safety and health, and child discipline. Support services include appropriate referrals to agencies that can best assist each family.

For more information call ACS in Giessen at mil 343-7618 or in Friedberg at mil 324-3465.

284th BSB – Friedberg, Giessen

Community spotlight

New schools officer

The new 284th Base Support Battalion schools liaison officer is Tina Sandell. Her office is located in Building 115, Room 109 on the Giessen Depot. Her phone number is mil 343-7047.

Family Night at Butzbach ES

The Parent Teacher and Student Association of the Butzbach Elementary School sponsors a Family Game and Chili Night Jan. 31 from 5:50-7:30 p.m. at the school. Dinner ends at 6:30 p.m. There will be lots of board games and door prizes to win. For more information call Jill Berry at civ (06031) 972 964.

OCS board in Giessen Feb. 7

An Officer Candidate School board will be held Feb. 7 from 10 a.m. to 5 p.m. in the 284th Base Support Battalion Headquarters conference room in Building 115. The board is open to any qualified enlisted soldier interested in becoming an officer. Requirements are listed in Army Regulation 350-51. The 284th BSB Administration Office must receive completed applications by Jan. 31 for consideration. For more

information call Sgt. 1st Class Tyrone Daniels at mil 343-8998/8996.

Thrift Shop hours

The Thrift Shop in Giessen has temporary opening hours every Tuesday and Thursday from noon to 5 p.m. The Friedberg Thrift Shop is open Tuesday and Thursday from 9 a.m. to 2 p.m. Consignments can be dropped off from 9 a.m. to 1 p.m. The Butzbach Thrift Shop is located behind the shoppette. It is open Wednesday from 10 a.m. to 4 p.m. and every first Saturday of the month from 10 a.m. to 2 p.m. All thrift shops hold a bag sale every first Saturday of the month. Customers can stock up on thrift shop property shoes and clothing for \$2 per bag.

Job search classes at ACS

The 284th BSB Army Community Service in Giessen hosts a **Computer Basics** class every Tuesday from 2-4:30 p.m. The class focuses on simple word processing to prepare the MS Word version of the federal resume. Assistance is available for setting up email accounts, using the Internet for employment purposes and using the online federal resume builder. In-

terviewing Skills can be improved every first Wednesday of the month from 10 a.m. to noon. The class covers interviewing styles, networking, follow-up letters and dressing for success. Advance registration is needed for both classes. For details call ACS at mil 343-7618, civ (0641) 402-7618 or ACS in Friedberg at mil 324-3465, civ (06031) 81-3465.

Spiritual retreat for Catholic leaders Feb. 21-22

A spiritual retreat will take place Feb. 21-22 at Haus Nothgottes in Rüdesheim-Nothgottes. This event is open to all Catholic priests, volunteers, leaders and youth ministers. Fees are a minimum donation of €10 and preregistration is required. For details call Gerri Merkel at civ (06181) 889 224 or mil 322-9224.

Ski with Outdoor Rec

Giessen Outdoor Recreation offers a ski trip to Garmisch Jan. 31. The bus leaves the depot at midnight and returns Feb. 2. Cost is \$149 per person and includes one overnight with breakfast. Ski rental from Outdoor Rec is included in the price. Lift tickets must be purchased separately at the location. For de-

tails call mil 343-8208.

CWOC monthly meeting

Friedberg's Catholic Women of the Chapel meet every first Friday of the month at 6:30 p.m. in the Ray Barracks Chapel Annex. February's topic will be "Sacrament of Marriage—Make it Last Forever." Child care will be provided. For details call Bobbi McKenna at civ (06031) 169 871.

Valentine's bouquets, baskets

The 284th BSB Arts and Crafts Shops in Giessen and Friedberg offer a variety of balloon bouquets and gift baskets for delivery on Valentine's Day. Place orders early. Credit card orders over the phone are accepted. For details call mil 324-3266, civ (06033) 813 266 in Friedberg or mil 343-6445, civ (0641) 402-6445 in Giessen.

Champagne brunch at Il Giardino

Champagne brunch is served every first Sunday of the month from 10 a.m. to 2 p.m. at the Il Giardino restaurant on the Giessen Depot. Cost is \$11 for adults and \$5.50 for

children. For more information call mil 343-7709.

New Adventure Center in Friedberg

A new Outdoor Rec Adventure Center is located in Building 3637 on Ray Barracks offering rental of roller blades, skis, snowboarding equipment, bikes and helmets. Customers can sign up for adventure, sightseeing and shopping trips. The center is open Monday to Thursday from 11 a.m. to 5 p.m. For information call mil 324-3158.

New hours at Central Registration

The 284th Base Support Battalion Central Registration Office is open Monday and Friday from 7 a.m. to 4:30 p.m. and Thursday from 7 a.m. to 7 p.m. For details call mil 343-8216-7028.

Bulk trash pickup

The next bulk trash pickup date for all housing areas is Feb. 7. Put bulk items outside the night before pickup. For more information call Monika Nelson at mil 343-7161/6627.

Preventing and treating cold weather injuries

By Helmut Schartel

284th Base Support Battalion Safety Office

Adults and children enjoy outdoor activities during winter. Skiing, ice skating and sledding are wonderful family activities, but there are precautions that should be taken to prevent cold weather injuries.

Although low temperatures produce cold weather injuries they can occur even when temperatures are above freezing. Many factors in various combinations are involved, among them temperature, humidity, wind speed, exposure time, activity type and clothing.

The three major injuries are frostbite, hypothermia and trenchfoot.

Frostbite

This is the freezing of some part of the body, usually the hands, feet or face.

⊗ Signs: The first stage of frostbite is an uncomfortable feeling of coldness, sometimes a tingling or stinging sensation. The affected area becomes numb. ♡ First aid: Light frostbite can be thawed out immediately with human warmth. Shove frostbitten fingers down inside trousers or under armpits. If the frostbite affects the face apply a warm, moist towel. Be prepared for some pain as the thawing out occurs.

Hypothermia

This is the sharp loss of overall body temperature; usually associated with prolonged exposure to cold, wet weather. It can be deadly. A fall into cold water can cause hypothermia, since the body cools 26 times faster in water.

⊗ Signs: Icy skin, uncontrollable shivering, paleness,

erratic behavior, slurred speech and "drunk" behavior. ♡ First aid: Insulate the body so remaining body heat does not leak away. Injured individual needs to be wrapped in blankets or sleeping bag. If he or she can swallow, administer warm drinks, but no alcohol or food. Get medical help immediately. ♡ Don't: Individual should never be put into a shower or bath and never rub his or her arms or legs. This does not help and may cause more damage.

Trenchfoot

This cold injury occurs if individual has wet, cold (not frozen) feet for long periods of time.

⊗ Signs: In the early stages of trenchfoot, feet and toes are pale and feel numb, cold and stiff. In later stages the feet will swell and become painful. ♡ First aid: The feet should be cleaned carefully with plain soap and water, dried, elevated and allowed to remain exposed at room temperature. ♡ Don't: massage or rub the injured foot and never attempt to walk with a trenchfoot.

How to prevent cold weather injuries

Wearing warm clothing helps prevent cold weather injuries, but taking necessary precautions in the winter season is a must. Dressing in several layers of thick, loose fitting clothes insulates the body by trapping body heat and allowing ventilation. Loosely woven clothes of cotton and wool are best at trapping body heat and allowing ventilation.

For more information on the prevention of cold injuries call the 284th Base Support Battalion Safety Office at mil 343-1670.



Photo by Alexandra Williams

Dressing in layers and wearing warm clothing helps prevent cold weather injuries, safety officials said.

Installation Access Control System

Sponsoring officials are key to smooth registration process in 284th BSB

By Alexandra Williams
284th Base Support Battalion Public Affairs Office

The registration process for the new Installation Access Control System begins March 31, but officials ask ID card holders and supervisors of installation pass holders to prepare essential paperwork before that date.

Department of Defense ID card holders are responsible for ensuring the bar code on their ID card is readable. "Sometimes the bar code rubs off from sliding the ID card in and out of the wallet. If the bar code is damaged the ID card holder must get that taken care of at his or her local ID card section," said George Andries, 284th Base Support Battalion security specialist.

"Furthermore ID card holders must demonstrate their reason for being in USAREUR.

That means they have to bring either their military orders, DA Form 31, SF 50 or DA Form 3434. These documents also determine the expiration date," Andries said.

DoD ID card holders leaving U.S. Army Europe before Sept. 1 do not have to enroll into IACS, he said.



Installation pass holders must bring a sponsoring memorandum from the access authority — the sponsoring official — in their chain of command. "Sponsoring officials have responsibilities that are critical to the IACS," said Andries.

"Either the commander, first lieutenant colonel or GS-13 in the chain of command sponsoring the installation pass applicants is responsible for designating sponsoring officials," he said. The designation will be done in writing.

"Sponsoring officials must be DoD ID

card holders or full-time local national employees," he said. "According to Army regulation 190-16 the sponsoring official's grade or rank determines the level of access his or her employees will receive," said Andries.

Access authorities

Sergeant first class, chief warrant officer 2, GS-9 or C-6A is authorized to sponsor individuals for single installation or post access.

Sergeant major, chief warrant officer 3, GS-11 or C-7 is authorized to sponsor individuals not to exceed base support battalion-wide access.

Major, chief warrant officer, GS-12 or C-7A is authorized to sponsor area support group-wide access.

Lieutenant colonel, chief warrant officer 5, GS-13 or C-8 is authorized to sponsor individuals up to U.S. Army Europe-wide access.

"The sponsoring official will prepare a memorandum requesting access for his or her employee(s). This will speed up the process

because all we have to do then is complete the registration," he said.

"Supervisors need to determine the access that individuals working for them require based on their duties. Requests for this level of access is then forwarded to those in their chain of command authorized to grant this access," Andries said.

"If required they also need to verify and review the results of all background checks such as the good conduct certificate from the police, Military Police check, defense clearance investigations index or foreign national screening," he said.

Initiating the process as early as possible is essential, especially if memorandums need to be sent to a higher headquarters for approval, said Andries.

"Sponsoring officials are the key to the integrity of the IACS program ensuring all personnel sponsored by their organization have legitimate requirement to enter any installation," he said.

For more information on IACS call Andries at mil 343-7666 or the 284th BSB S-2/3 section at mil 343-6025.

Is racism dead in America?

Researchers at Massachusetts Institute of Technology and the University of Chicago made up fake job applications and resumes randomly assigning to each one a name skewed toward African-American or white population groups, according to an article in the Dec. 12, 2002, issue of *The New York Times*.

The phony applications included names such as Kristen and Brad, together with Tamika and Tyrone, all of whom had equivalent resumes and applied for the same jobs (in Boston and Chicago).

From the middle of 2001 to the middle of 2002 these researchers submitted about 5,000 such applications and then tracked which of the phantom applicants were called for interviews.

The only way to distinguish these applicants was by the presumed ethnicity of their names.

The results? Applicants with caucasian-sounding names were more likely to be called for an interview — 50 percent more likely, in fact. Interviews were requested for 10.1 percent of applicants with white-sounding names and only 6.7 percent of those with black-sounding names, the study reported.

The research suggested that being perceived as non-white in the job market is a real disadvantage or, put the other way round, being perceived as white in the job market confers unmerited privilege.



King holiday — just a misplaced Black History Month event?

Commentary By Sgt. 1st Class
Christopher Baldur
284th Base Support Battalion Equal Opportunity Office

On more than one occasion I've heard it said that African Americans have two federally recognized ethnic events while other minorities only have one. Every third Monday of January is reserved to commemorate Dr. Martin Luther King Jr.'s birthday. Then February it's Black History Month.

Is Martin Luther King Jr.'s birthday just a narrowly focused Black History Month event? After all he was an African American and he's certainly a historical figure. Disgruntled voices seem to imply that King's birthday and Black History Month should be rolled into a single event.

My contention, along with those who helped designate the annual observance of King's birthday, is that his work was a vital part of American history, not just African-American history.

"Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to open

the doors of opportunity to all of God's children. Now is the time to lift our nation from the quicksand of racial injustice to the solid rock of brotherhood," said King in one of his speeches. His words still resound with undiluted power.

King placed great emphasis on civil rights for all Americans, including African Americans. After all he knew first-hand the hatred and bigotry a black man faced daily in America.

"We may have all come on different ships, but we're in the same boat now," King said.

If his vision had encompassed only civil rights for African Americans it still would have been heroic and memorable work; however, King envisioned something even grander. "When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old spiritual, 'Free at last. Free at last. Thank

God Almighty, we are free at last,'" he said.

Today racism and discrimination rarely take on the overt vestiges of the Jim Crow era. They more often masquerade in subtler forms of preference and unconscious bias. King saw a world where we could join hands as a human race. I'd venture to say if King were alive today he would not be satisfied until every person could say with assurance that he or she was judged solely "by the content of his or her character."

The civil rights movement wasn't a black movement, though many of its greatest leaders were African Americans. It was a human movement — a giant step forward in our social evolution.

Dr. Martin Luther King Jr. will forever be remembered as its greatest figure. His birthday isn't another Black History Month event and shouldn't be misunderstood as such. It's a time to celebrate the life of one of America's greatest heroes who happened to be black, and to rekindle his vision. Birthdays are a traditional time of gift giving. On this, his birthday, we celebrate his gift to the world.

Health Clinic news ... Health Clinic news

Retiree Health Day

The Butzbach Health Clinic will host a Retiree Health Day Feb. 1 from 9 a.m. to noon at the clinic. Health care providers will be available to answer questions. Retirees may have labs taken, pick up medications or have their blood pressure measured. For more information call Capt. Faith Junghahn at civ (06033) 982 146.

Diabetes Support Group meets Feb. 6

The Diabetes Support Group will meet Feb. 6 at 4:30 p.m. at the Butzbach Health Clinic. A clinic physician will be available to answer questions and discuss treatment and management plans for diabetes. For details on the monthly support group meeting call Sidona Kellog at civ (06036) 984 533.

Enroll family in Tricare

All active duty soldiers are reminded that their families should be enrolled in Tricare as soon as they arrive in Europe. Families not enrolled may have to pay their own medical bills for any care received in host nation medical facilities. For more information call your local health clinic.

414th BSB – Büdingen, Hanau

Around the Community . . . Around the Community

PWOC studies Bible

All women are welcome to attend weekly Bible studies with the Protestant Women of the Chapel at Fliegerhorst Chapel from 9-11:15 a.m. every Thursday morning. Call civ (06181) 520 272 for information.

USO open house

The Hanau USO will be host an open house Feb. 4 from 11 a.m. to 5 p.m. Come celebrate the USO's 62nd birthday in Building 4 on Pioneer Kaserne. Free giveaways include Ryan Air flight tickets.

Valentine balloons

The Hanau USO delivers Balloon-A-Grams on Valentine's Day. For information call mil 322-8725 or stop by the Hanau USO in Building 4 on Pioneer Kaserne.

Super Bowl party

Watch the big game on 10 large screen TVs at the Paradise Club near Cardwell Housing in Hanau. Entry fee is \$6.95, starting at 8 p.m. Jan. 26, with a free buffet all night. Reserve a table at mil 322-9040.

'Tempest' hits Hanau

Hanau Middle School will present Shakespeare's "The Tempest" Jan. 31, Feb. 1, 6-8. Tickets are \$10 for dinner and performance or \$4 for the play. Call mil 322-8647 for details.

Comedy After Dark

The next Comedy After Dark will be featured Jan. 25 at 10 p.m. at the International Club on Fliegerhorst Kaserne. Stay for the After Hours Party until 4 a.m. This event is restricted to adults only. Tickets are \$15 at the door or \$10 in advance. Stop by the front desk at the International Club or call mil 322-9045.

\$20,000 in scholarships

Applications for the Hanau Community Spouses Club scholarships will be available Feb. 3 at the Hanau High School counselor's office and the Hanau Education Center on Pioneer Kaserne. High school seniors, family members and adult civilians are encouraged to apply. The deadline for submission is March 19. Last year the HCSC gave out \$20,000 to more than a dozen students.

Büdingen Teen Center open

The Teen Center is open and accepting suggestions from interested teens and parents. Stop by Building 2330 on Armstrong Barracks Monday through Thursday from 9 a.m. to 6 p.m., Fridays from 9 a.m. to 7 p.m. and Saturdays from 1-3 p.m. Transportation will be provided to and from Gelnhausen bus stop to the center daily. For more information call mil 321-4793 or civ (06042) 80-793.

AFAP issues sought

If you have an idea or suggestion on how the 414th Base Support Battalion or the Army can improve, AFAP wants to hear it. Pick up an issue form at the Wolfgang Outreach Center or at any Army Community Service office and drop your suggestion in the MPS mail. AFAP members will meet Feb. 11-12 at the International Club to discuss the issues. For more information or to volunteer with AFAP contact Barb Wheeler at mil 322-5308 or email bpwheels@hotmail.com.

Volunteers wanted

The American Red Cross, Army Community Service, the library and Sports Office

need volunteers. Contact the 414th Base Support Battalion volunteer coordinator at Hanau ACS, Building 9 on Pioneer Kaserne, or call mil 322-9110.

Fitness enter hours

Hanau and Büdingen area fitness centers are now open longer hours, until 9 p.m. most nights. Contact the center near you for new hours.

Reading nights

Crack open a book on Army Family Reading Nights at Pioneer Library in Hanau. Learn to create skits using books, discover a quiet reading space, a family reading journal and techniques for reading aloud. Reading Nights run through April 10 from 6-7 p.m. Call the Pioneer Library for dates and to register at mil 322-8942.



WIC phone number

The phone number for the WIC-Overseas site located at Wolfgang Shopping Center has changed. The new number is mil 322-9636, civ (06181) 88-9636.

Boxing tournament

Watch boxers slug it out at the 15th annual Black History Boxing Tournament. Boxers from throughout USAREUR and local national clubs will compete at the Fliegerhorst Fitness Center Feb. 8. Doors open at 5 p.m. Call mil 322-9617 or 322-7672 for details.

'All my Sons'

The Five Pfennig Theater presents "All My Sons," an Arthur Miller play. Shows start

at 7:30 p.m. Feb. 28, March 1, 6-8, 13-15. For reservations call the USO at mil 322-8725 or email 5pfennig@hanau.army.mil.

Ski trips

Ski every weekend starting Feb. 8-9 at the Feldberg in the Black Forest. Feb. 14-17 celebrate Valentine's Day at the Armed Forces Recreation Center in Chiemsee. Ski moguls in the Black Forest with another ski trip to Feldberg Feb. 22-23. Call Hanau Outdoor Recreation for costs and reservations at civ (06181) 88-8891 or mil 322-8891.

Job fair

The Army Community Service Employment Readiness Group holds a Job Fair Jan. 31 from 10 a.m. to 3 p.m. at the Illusions Roller Rink in the Wolfgang Shopping Center. Come and explore employment opportunities within the Hanau community.

MWR rewards

Hanau MWR thanks you for being a great customer with the new MWR Rewards program. Bowl 10 games at the Hessen Bowl, have lunch at the International or breakfast at the Hanau Rod and Gun Club and earn free games and food now through Jan. 31. Ask for an MWR Rewards Card at The International Club, Hanau Rod and Gun Club and Hessen Bowl.

Fitness points

Every spin class you sign up for earns points toward a free class. Take eight classes and get the ninth class free. Spin classes are held Tuesdays and Thursdays from 6-7 p.m. Cost is \$3 per session. For more information call the Cardwell Fitness Center at mil 322-8067.

High roller weekly tournament

Make it a lunch date with the Hessen Bowl and you could roll away with free food or even a free trip. Bowl 2 games for only \$1.50, Monday to Friday from 11 a.m. to 1 p.m. The high score for the week earns a free pizza, and the high score for the month earns a free trip courtesy of Enjoy Tours.

Know the Army

Army Family Team Building classes have been redesigned to offer more alternatives. Students are no longer locked into a schedule, but can now choose which classes they are most interested in attending. Learn about leadership at these classes offered in January: Army Nuts and Bolts, 9 a.m. to 2 p.m., Jan. 22; Pooling Your Resources, 9 a.m. to 1:45 p.m., Jan. 28; Follow the Leader, 9 a.m. to 2 p.m., Jan. 29.

Sponsorship training classes

Help make the transition to Hanau easy with ACS sponsorship training classes. Classes are held the first and third Friday of the month from 10-11 a.m. in the Hanau ACS Conference Room, Building 9, Pioneer Kaserne. Call mil 322-8965 to sign up.



Photo by Melody Joy Fields

Save some snow for me

Wolfgang Niebling, public affairs officer for the 414th Base Support Battalion, takes to the winter slopes with his dog, Max. January snowstorms sent children of all ages out to the hills for sledding, skating and skiing in the transformed landscape.

414th BSB – Büdingen, Hanau



Photo by Melody Joy Fields

A baby sleeps during the Jan. 3 grand opening of the 5-7th ADA's permanent communication center. Six computers enable families to email their soldiers when deployed on training exercises.

5-7th ADA opens Family Action Center

By Melody Joy Fields

414th Base Support Battalion Public Affairs Office

Reports of military deployments fill the newspapers and airwaves. Army units in the United States are loading their equipment, packing their rucksacks and saying goodbye to families.

But all this hustle is nothing new for units stationed in Europe. Over here deployments are just the way business is done.

"We're deployed somewhere in the field between four to six months annually," said Lt. Col. Forrest Smith, 5th Battalion, 7th Air Defense Artillery commander. With training areas located in remote parts of Germany and exercises that take place in Poland and the Czech Republic, Smith's Patriot missile soldiers are deployed for training missions almost as often as they're stationed at home.

"Deployment readiness is the cost of doing business with a forward deployed battery — a Patriot battery specifically, which provides unique challenges for the family members," said Smith.

With this reality in mind the 5-7th ADA opened a Family Action Center on Underwood Kaserne in Hanau Jan. 3. "It's to give the families a location where they can go and have access to communicate with their spouses when they deploy for training exercises," said Maj. Sean Gainey, 5-7th ADA executive officer. "It's also a place where they can come and relax with other spouses or conduct Family Readiness Group meetings."

Six computers at the center make free Internet access available, allowing family members to exchange email with their soldiers in the field. In an adjoining room a couch and easy chairs, a large screen television and

a VCR provide an entertainment center for children while their parents are on the Internet.

"Deployment readiness is the cost of doing business with a forward deployed battery — a Patriot battery specifically, which provides unique challenges for the family members," — Lt. Col. Forrest Smith

"We tried to make it a home environment to come to when they use the computers, especially for the children," said Vera Gainey, 5-7th ADA FRG leader.

The center computers were donated by 102nd Signal Battalion on Pioneer Kaserne and installed by 5-7th ADA signal officers. Visitors can choose from among 30 movies on loan from Army Community Service and another six donated by the USO for entertainment options. "We're trying to get

video-conferencing capability permanently," said Smith, who hoped to have the equipment installed by summer.

The center is open daily from 10 a.m. to 6 p.m., but soldiers and family members will have 24-hour access through the staff duty office.

Making most time

"We're talking about deployment readiness right now, but it has brought home for us the importance (of it during) all of our deployments," said Smith. "Morale initiatives are part of soldier-family readiness. It's something we take very, very seriously and work very hard at."

Several months ago Smith opened a command hotline that soldiers and families use to ask the commander questions and make suggestions for the community. The battalion also started Green Day events in which soldiers and family members get together one duty day each month for a unit activity. So far the battalion has hosted a two-mile run-walk-stroll, a talent show and a pig roast.

"We're trying to open communication with our families to find out what they need," said Smith. "If we can't be home all the time, we want our time at home to be meaningful."

Soldiers benefit from free tax center, quick refunds

By Capt. Brian Adams
Hanau Legal Center

The Hanau Tax Center opens Feb. 3, offering free federal and state income tax return preparation. The deadline for overseas tax filers who do not owe any taxes is June 16. Those who owe taxes must file by the April 15 deadline to avoid interest charges.

The Tax Center offers both standard and electronic submission of tax documents, or e-file. The e-file option allows taxpayers to submit their tax return via a secure Internet system, avoiding long mail delays. Refunds for e-filers are normally credited to the taxpayer's bank account within seven to 10 days.

Depending on the type of return filed, it could cost between \$100-200 on the average for a private tax preparer to assemble and file one's taxes. The more complex one's tax return, the more a private preparer will charge. And purchasing tax preparation software can cost between \$60-80 for both

the state and federal programs. Tax filers who use the free Tax Center and e-file will receive their refund just as quickly as if an outside preparer filed their taxes for them, and at no cost to the taxpayer.

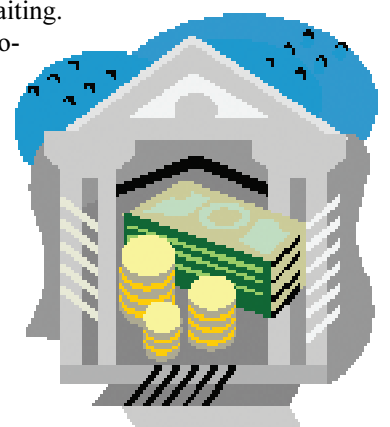
The Tax Center provides services on a walk-in basis throughout the filing season. Appointments are available beginning Feb. 24.

Bringing the following list of items lessens the chance of unnecessary trips to the Tax Center: W-2 forms, earning statements (to include rental property and retirement income), interest and dividend statements, Social Security cards or tax identification numbers, the Social Security number for day care providers (if applicable), military identification cards, a copy of the previous year's tax return and a cancelled check if filing for direct deposit.

If filing a joint return, both spouses must sign the original document. If one cannot be present, the other must have a power of attorney to sign for the absent spouse and to file the taxes.

As an added service for this filing year, the Tax Center will offer drop-off 1040EZ filing services. Similar to photography services, this allows individuals to drop off their documents and come back 48 hours later to pick up their return, no appointment and no waiting.

The Tax Center is located in the basement of Building 2 on Pioneer Kaserne and will be open Monday, Tuesday, Wednesday and Friday from 8 a.m. to 4:30 p.m. and on Thursdays from noon to 8 p.m. For more information call mil 322-9577 or civ (06181)88-9577.



414th BSB – Büdingen, Hanau

Cav soldiers fight Büdingen floodwaters 1-1st pitches in with German neighbors to save historic walled city

By Melody Joy Fields
414th Base Support Battalion Public Affairs
Office

On the night of Jan. 2 heavy rains swelled the Seemenbach River, saturating the ground and causing flooding in the historic town of Büdingen. Soldiers from the 1st Squadron, 1st U.S. Cavalry Regiment, battled the floodwaters throughout the night alongside nearly 300 town citizens, fire brigade volunteers and German army reservists.

"The river reached three meters, 30 centimeters above normal levels with special problems in the old part of town, where another small river runs through to the Seemenbach River," said Mayor Bernd Luft of Büdingen. "Since the Seemenbach was high, the smaller river backed up, and in addition the rainwater from the hills also collected in the town."

Luft personally showed up at the gate of Armstrong Barracks at approximately 9:30 p.m. asking for support from the U.S. military.

Home away from home

"The support they wanted was some soldiers and vehicles to assist in sandbagging," said Maj. Brian Williams, 1-1st Cavalry S-3. "We went through our regular chain of command, because we weren't sure what we could do legally."

U.S. Army Regulation 360-1 governs the use of military personnel and equipment for community assistance projects. Col. George A. Latham II, 104th Area Support Group commander, and Brig. Gen. Rhett A. Hernandez, 1st Armored Division assistant commander for support, gave immediate approval for the unit to offer emergency assistance.

"We had two humvees, two five-ton trucks and a hemmet," said Williams. "Lt. Col. Jerry Mraz arranged for us to get sandbags from the 414th Base Support Battalion, and we



Photo by Thomas Welz

Flooding in Büdingen endangers medieval walls and towers in the old town the night of Jan. 2. Volunteer assistance by 1-1st Cavalry soldiers helped limit damage to the historic city.

picked them up at Pioneer Kaserne."

Gene Schneck, director of the 414th Base Support Battalion Directorate of Logistics, provided the sandbags and accompanied Mraz, the 414th BSB commander, to help with the flood relief.

"We asked for volunteers," said Williams, "and all the command group came in,

the squadron commander, the command sergeant major, the S-3 sergeant major and the S-3 and S-2 first sergeants. We also called some medic volunteers, and we had a total of 48 soldiers. Everybody volunteered. They all love Büdingen."

"This is the soldier's home away from home," said Lt. Col. Chuck Williams, 1-1st

Cavalry commander, "and most of them felt ready without a hesitation, just as if this were their home town. If there were some kind of small disaster, they were there to help."

"I live in the city too," said Maj. Williams. "If I wasn't working with the Army, I would have been working with my neighbor."

Saving the city walls

"You could not see under the bridge," said Maj. Williams, "and the water was spilling over each side of it. The city had alerted volunteer fire brigades, and they came out of everywhere. Everybody was out."

"Altenstadt, Glauberg, Bad Nauheim and Karben fire brigades also assisted, along with the German Army Reserves," said Luft.

"We filled approximately 1,300-1,400 sandbags," said Williams. "We started shoveling sandbags at places they identified — places that were culturally significant, historical buildings and the emergency reaction center."

"The medieval walls and towers were endangered," said Luft, noting the 1-1st Cavalry's help was "very important. Approximately 50 soldiers came." Without their help, the old part of the city could have been in much worse shape, he added.

It was not clear whether the walls could have withstood the flood without the assistance from the city's Army neighbors, a city official said.

"We worked for about five hours until 3:30 in the morning," said Maj. Williams. "It stopped raining about 2 a.m., and it was like somebody flushed a toilet. The water just immediately started receding."

The flood caused an estimated €800,000 in damage to official buildings. "Lohsteg Brücke over the small creek costs €350,000 alone to rebuild," said Luft. There was no damage estimate available for privately owned buildings.

Could you have diabetes and not know it?

By Tina Greaves
414th Base Support Battalion Army Community Service

Some 16 million Americans have diabetes, and one out of three doesn't even know it. Diabetes is a disease that affects the body's ability to produce or respond to insulin. Insulin breaks down all of the sugar ingested every day, and everyone needs sugars to have energy.

Diabetes falls into two main categories: type 1, which usually begins during childhood or adolescence, and type 2, the most common form of the disease, usually occurring after age 45. In type 1 diabetes, the body does not produce any insulin at all. In type 2 diabetes, the body simply does not produce enough insulin.

Diabetes can be diagnosed with a simple blood test that measures blood glucose, or sugar levels in the blood. The American Diabetes Association also suggests looking for the following symptoms: frequent urination (including bed-wetting), extreme thirst, unusual hunger, unexplained weight loss, tiredness, weakness, dehydration (sunken eyes, dry or cracked lips), nausea or vomiting and unconsciousness (or coma in severe cases).

These fairly common symptoms of diabetes are usually overlooked, and are often associated with other conditions

such as the flu, a cold or malnutrition.

Overlooking the symptoms of diabetes can be dangerous. Diabetes is a serious disease that if left untreated can lead to blindness, heart disease, stroke, kidney failure and amputations. Individuals who have observed any of the above symptoms either in themselves or their child should discuss them with a physician.

Sufferers are not alone

Being diagnosed with diabetes can be a scary thing. "When I first went to the hospital I was really scared when the doctor told me that I had diabetes," said a 14-year-old diabetic living in the Hanau community. "I didn't know what that was. They told me that I would have to watch what I ate and take insulin every day."

In the past treatment for diabetes involved numerous painful injections. But technological improvements in treatment have improved patient care and quality of life. People with diabetes can live long, healthy lives.

The Exceptional Family Member Program offers support and assistance to family members who are diagnosed with diabetes and all family members who have

a physical, emotional, developmental or educational need that requires special treatment, therapy, training, education or counseling. Enrollment is a requirement for dependents with diabetes, but it's also a benefit.

The EFMP specialist in every community is an advocate for family members, providing information about issues such as the EFMP enrollment process, referrals to appropriate community resources and education about an exceptional family member's rights and responsibilities.

EFMP also hosts a support group in Hanau made up of exceptional family members, children and adults, and their families. The group discusses issues and concerns, plans events and offers mutual support.

The Exceptional Family Member Program specialist is located at ACS in Building 9 on Pioneer Kaserne and serves the exceptional family members in the Hanau, Büdingen and Gelnhausen military communities. The support group meets on the second Thursday of each month at 4 p.m.

If you have any questions or concerns or simply want more information call the EFMP specialist at mil 322-9526 or civ (06181) 88-9526.

